

Hello! We are looking forward to seeing you all tomorrow!

## Check Out What's in Your Share Today!

### Large Share

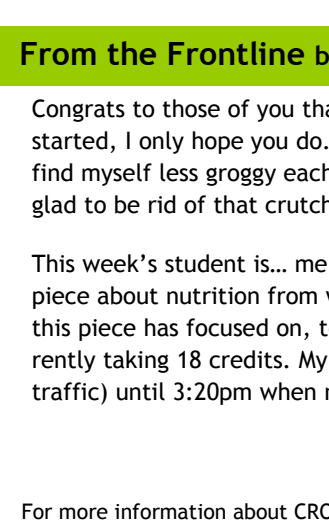
- Bok Choy
- Eggplant
- Cucumbers
- Yellow squash
- Green Beans
- Red Leaf Lettuce
- Red beet w/ Tops
- Cremini Mushrooms
- Baby Fennel
- Leeks
- Oriental Sweet Potatoes
- Alfalfa Sprouts
- Strawberries
- Ruby Red Grapefruit
- Valencia Oranges

### Medium Share

- Bok Choy
- Eggplant
- Cucumbers
- Green Beans
- Red Leaf Lettuce
- Cremini Mushrooms
- Baby Fennel
- Leeks
- Oriental Sweet Potatoes
- Alfalfa Sprouts
- Ruby Red Grapefruit
- Valencia Oranges

Please keep in mind that from time to time our numbers won't be exact. For instance you might receive an extra item this week and next time be short an item. Feel free to trade with other CROPS members.

## Korean Sweet Potatoes



There are more than a 100 different varieties of sweet potatoes that come out of Asia and the sweet potato is an important source of starch in many diets around the world. The Korean sweet potato, or goguma is a mainstay in Korean cooking. It is roasted on the side of the street during the cold winter as a warming street food. In its raw state, it's sometimes difficult to

distinguish this variety from yams or sweet potatoes, but when it is cooked this variety has yellow, rather than orange flesh, and is firmer than other kinds of sweet potatoes. It is a little less sweet than yam and has a real chestnut flavor.

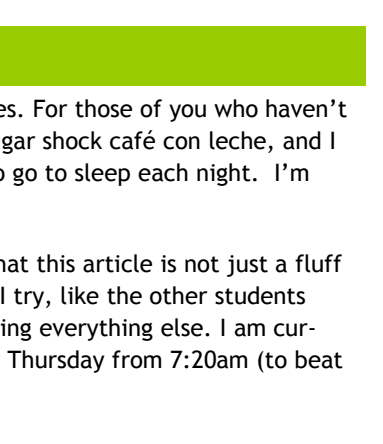
[Click here for recipe](#)

## Baby Fennel



Bright green baby fennel is immature fennel that produces licorice-flavored feathery leaves. The tiny umbrella-shaped golden seeds and its roots are also edible. Fennel has had many different applications around the world, it has been used medicinally for centuries in Asia for treating stomach ailments. Fennel seeds are offered after a meal in India as a digestive aid and a breath freshener. Wild fennel stems are chewed as a candy in Indonesia. For a recipe using fennel [Click Here](#)

## Yellow Squash



Squash is a healthy, easy-to-cook vegetable. Modern day squash developed from the wild squash that originated in an area between Guatemala and Mexico. Squash has been consumed for over 10,000 years and today it is eaten all around the world. [Click here for recipe](#)

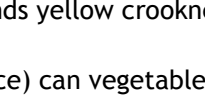
## From the Frontline by MDC Nutrition Student Cassan-

Congrats to those of you that made and stuck with your challenges. For those of you who haven't started, I only hope you do. It has been two weeks without my sugar shock café con leche, and I find myself less groggy each morning. I also find it much easier to go to sleep each night. I'm glad to be rid of that crutch.

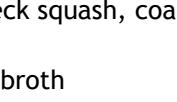
This week's student is... me. I thought it would be nice to show that this article is not just a fluff piece about nutrition from which I am completely disconnected. I try, like the other students this piece has focused on, to live as healthy as I can while balancing everything else. I am currently taking 18 credits. My large class load has me in class every Thursday from 7:20am (to beat traffic) until 3:20pm when my math class ends. [Continued](#)

For more information about CROPS please contact us!

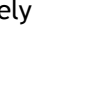
Phone: (305) 237-7119 • Email: [crops@mdc.edu](mailto:crops@mdc.edu)



Wolfson Campus



Earth Ethics Institute

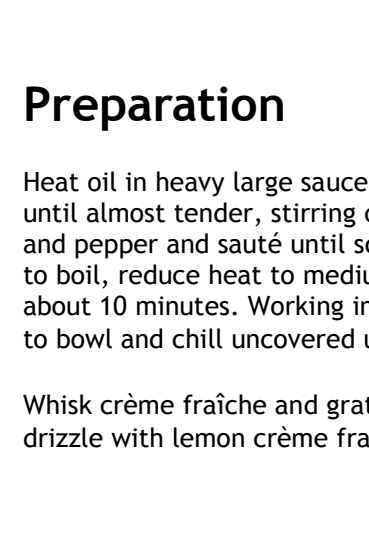


## From the Frontline (cont.)

Trying to find a way to eat a healthy breakfast and lunch while being at school all day has been a challenge. There are only so many turkey sandwiches I am willing to eat in a month. I began to make it a game for myself to find new ways to pack myself lunch. One of my solutions for lunch was roasted vegetables. I could change up the vegetables I used and the preparation was fairly easy. Cube a bunch of vegetables that I felt like eating (like squash, zucchini, potatoes, and cauliflower), salt and pepper them, and bake. It was easy to pack them up the next day and heat them up in the microwave. My current favorite is a veggie sandwich with spinach, red peppers, tomatoes, and red onions. My breakfast is a hodge-podge of yogurt, fruit, oatmeal, cereal and toast. Sometimes I go to a café around the corner from school and get an egg white scramble with a side of potatoes.

With everything going on in our lives it can be difficult to prioritize our health. I found that my lifestyle is about making small changes and choices: egg whites instead of whole eggs, water or milk instead of fake orange juice. I encourage you to make small changes and choices of your own. Good Luck!

## Chilled Yellow Squash and Leek Soup with Coriander and Lemon Crème Fraîche



4 Servings

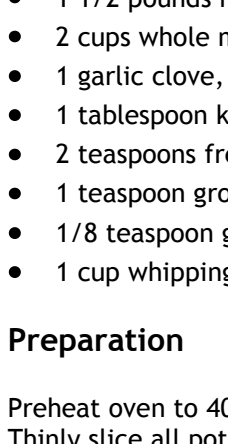
- 1 tablespoon olive oil
- 3/4 cup chopped leek (white and pale green parts only; about 1 medium)
- 1 teaspoon (scant) coriander seeds
- 1 1/4 pounds yellow crookneck squash, coarsely chopped
- 1 (14-ounce) can vegetable broth
- 1/4 cup crème fraîche\* or sour cream

## Preparation

Heat oil in heavy large saucepan over medium heat. Add leek and coriander and cook until almost tender, stirring often, about 6 minutes. Add squash; sprinkle with salt and pepper and sauté until squash begins to soften, about 3 minutes. Add broth. Bring to boil, reduce heat to medium, and simmer uncovered until vegetables are soft, about 10 minutes. Working in batches, puree soup in blender until smooth. Transfer to bowl and chill uncovered until cold, about 3 hours. Season with salt.

Whisk crème fraîche and grated lemon peel in small bowl. Divide soup among bowls, drizzle with lemon crème fraîche, and serve.

## Yukon Gold and Sweet Potato Gratin



yield: Makes 12 servings

## Ingredients

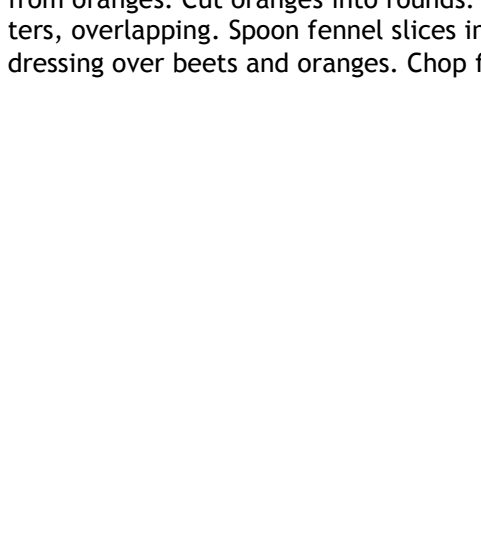
- 6 tablespoons (3/4 stick) butter, room temperature, divided
- 2 1/4 pounds Yukon Gold potatoes, rinsed
- 1 1/2 pounds red-skinned sweet potatoes (yams), peeled
- 2 cups whole milk
- 1 garlic clove, pressed
- 1 tablespoon kosher salt
- 2 teaspoons fresh thyme leaves
- 1 teaspoon ground black pepper
- 1/8 teaspoon ground nutmeg
- 1 cup whipping cream

## Preparation

Preheat oven to 400°F. Coat 13x9x2-inch glass baking dish with 2 tablespoons butter. Thinly slice all potatoes; place in prepared dish. Bring milk and next 5 ingredients to boil in medium saucepan; pour over potatoes. Dot with 2 tablespoons butter. Cover with foil. Bake until potatoes are tender and milk is almost absorbed, about 50 minutes.

Bring cream to boil in saucepan. Uncover potatoes, pour cream over, and dot with 2 tablespoons butter. Bake uncovered until top is golden brown in spots, about 25 minutes. Cool slightly.

## Fennel, Beet and Orange Salad with Olives



## Ingredients

- 3 medium beets, trimmed
- 1 tsp grated orange peel
- 1/4 tablespoon Dijon mustard
- 1 tsp fennel seeds, crushed
- 1/9 cup balsamic vinegar
- 1/4 cup olive oil
- 1 fennel bulb, trimmed (fronds reserved), halved lengthwise, thinly sliced crosswise
- 3 large navel oranges
- 1/3 cups halved pitted Kalamata olives

## Preparation

Preheat oven to 400°F. Wrap beets in foil. Place on baking sheet. Roast beets until tender, about 1 1/2 hours. Cool. Peel beets; cut into rounds.

Mix orange peel, mustard and fennel seeds in bowl. Whisk in vinegar. Gradually whisk in oil. Season with salt and pepper. (Beets and dressing can be made 1 day ahead. Cover separately; chill. Bring dressing to room temperature before using.)

Place fennel slices in bowl. Toss with enough dressing to coat. Cut peel and white pith from oranges. Cut oranges into rounds. Alternate beets and oranges along edge of platters, overlapping. Spoon fennel slices into center; sprinkle with olives. Drizzle remaining dressing over beets and oranges. Chop fronds; sprinkle over salad.